



Utah Cannabis Research Review Board minutes

Tuesday, May 9, 2023, 9:00-11:00 am

This meeting was held virtually.

This meeting was recorded. An audio copy of this recording can be found on the Utah Public Notice Website (<https://www.utah.gov/pmn/>) and on the Cannabis Research Review Board YouTube <https://www.youtube.com/channel/UCJW8IN0h7wQ3ojY33gZC8cw>

Visit the Board's website for more information on past meeting minutes and agendas (<https://medicalcannabis.utah.gov/resources/cannabinoid-product-board/>)

Attendees

Board members attending: Dr. Katherine Carlson, Dr. Perry Fine, Dr. Matt McIlff, Dr. Mike Moss, Dr. Jennifer Norris, Dr. Misty Smith, Dr. Brian Zehnder

DHHS staff attending: Danielle Conlon, Dr. Lauren Heath, Sara Lealos, Rich Oborn, Jeremiah Sniffin

Agenda

1. Welcome – Dr. Carlson

Dr. Carlson acknowledged that there was a quorum so the meeting could proceed at 9:02 am.

2. Approval of April 2023 minutes – Dr. Carlson

Dr. Fine motioned to approve the minutes. Dr. Zehnder seconded. The minutes were approved unanimously.

3. Board statement regarding insomnia – Dr. Carlson

Dr. Carlson reviewed the statement from the CRRB that there is insufficient evidence to recommend insomnia is codified as a qualifying condition for medical cannabis use. She

then described the process of reviewing the literature review from Dr. Heath and drafting a letter to Senator Vickers with this statement.

Dr. Carlson recommended putting a statement on the DHHS Center for Medical Cannabis website stating that there is insufficient evidence for the CRRB to recommend insomnia as a qualifying condition for medical cannabis use. She proposed a vote to approve the current document that summarizes the literature review, and to post this document and the board's statement about insomnia on the DHHS Center for Medical Cannabis website.

Dr. Zehnder motioned to approve the vote. Dr. McIlff seconded the motion. The vote passed unanimously.

4. Cannabis Use Disorder presentation – Dr. Adam Gordon

Dr. Gordon presented about cannabis use disorder. This presentation included a discussion of the relationship between cannabis use and developing cannabis use disorder, the pathophysiology of substance use disorders, the diagnostic criteria for substance use disorders, and the epidemiology of cannabis use disorder.

Dr. Gordon addressed the following questions from board members:

- Could you clarify the study results about cannabis use and outcomes in depression, anxiety, and insomnia?
- Why isn't denial of substance use one of the diagnostic criteria for substance use disorders?
- Do you know if the federal Health and Human Services Committee is aware of the risk of developing cannabis use disorder?
- If cannabis use disorder is less severe or there is a lower likelihood of death/overdose from it, is it better to manage cannabis use disorder while treating other more severe substance use disorders?

The board discussed the following topics about the presentation:

- The difficulty in treating cannabis use disorder and how its treatment differs from other substance use disorders.
- Concerns that cannabis is perceived as safe and as a cure-all treatment.
- The potential for a study evaluating the prevalence of cannabis use disorder among medical cannabis patients in Utah.

- A recommendation that Dr. Gordon's presentation be sent to the Utah Health and Human Services Interim Committee.
- Education for providers about cannabis use disorder and how to minimize its risk, such as through regular patient screenings and appropriate dosing guidelines.

Mr. Oborn clarified some information about the current medical cannabis program that aligns with the harm reduction principles discussed in Dr. Gordon's presentation. These included:

- Medical cannabis card expiration periods, and that a follow-up with a recommending medical provider is required for card renewals.
- Medical providers' ability to adjust the expiration date on medical cannabis recommendations if there are concerns that patients need additional follow-up.
- Medical providers' ability to revoke medical cannabis recommendations if patients are not seeing the provider for follow-ups or there are concerns about the patient's medical cannabis use.
- Medical providers' ability to apply limits to medical cannabis dosage forms and dosage amounts in the medical cannabis recommendations.

5. Center for Medical Cannabis updates – Rich Oborn

Mr. Oborn discussed the following DHHS updates:

- Most laws that were passed during the 2023 legislative session went into effect on May 3, 2023. The industry and advocacy groups have been educated about these changes. DHHS is holding a meeting this week to educate medical providers and clinic representatives about the new laws.
- The University of Utah is hiring a senior manager to help implement HB230 and manage the Research Center for Medical Cannabis.
- DHHS has been coordinating with a vendor to create a new software system that includes both the EVS and the ICS using Salesforce. This project is on track to roll out in spring 2024.
- As of April 1, 2023, there are 69,016 medical cannabis cardholders and 930 recommending providers.
- Mr. Oborn and Ms. Ponce will be attending this year's CANNRA meeting.

6. Board member term endings – Rich Oborn

Mr. Oborn explained that Dr. Carlson, Dr. Fine, and Dr. Zehnder's terms end at the end of June 2023, and he thanked them for their service on the board.

He explained that DHHS is working with the governor's office and the DHHS executive office to find individuals to fill the three open spots on the board. He asked current board members to submit names of individuals they would like considered for the CRRB to DHHS. He specified that the board needs a person who sits on the Controlled Substance Advisory Committee to serve on the CRRB once Dr. Carlson's term ends.

7. New board chair and vice chair discussion – Rich Oborn

Mr. Oborn explained that because Dr. Carlson's term is ending this year, the board needs new individuals to serve as chair and vice chair. He asked that if individuals are interested or if they'd like to nominate someone, they should reach out to him.

8. Board comment

No board comments were provided.

9. Public comment

Dr. Mark Viner is a psychiatrist in Nevada. He recommended that cannabis products have a label that tells patients where they can receive help if they are experiencing cannabis use disorder. He recommended providing education about cannabis use disorder to providers and patients. Dr. Viner also recommended using caution in describing cannabis intoxication so that intoxication is not mistaken for cannabis induced psychosis.

10. Adjourn

At 10:56 am, Dr. Carlson asked the board for a motion to end the meeting. Dr. Zender motioned to adjourn and Dr. Moss seconded.